

# Valley Striders Juniors 2022/23 AGM 16/01/2024



# V S Juniors 2022/23 - Membership

- Financial Year 2022/23 – net increase from 130 on 31/08/2022 to 146 on 31/08/2023
  - 38 resigned, 1 transferred to “young adults”, 55 new
  - increase of 13 Training members and 3 Social members
- Membership Year 2023 – net increase from 147 on 31/12/2022 to 154 on 31/12/2023
- 25 currently on waiting list, will offer places to c.10 at end of January

# V S Juniors 2022/23 – Training

- Locations

- 35 weeks at Leos
- 12 weeks at GSAL
- 1 week at Golden Acre Relay
- 4 weeks reduced numbers due to weather

- Sessions/groups

- 3 timeslots of 45mins and up to 5 groups of 12 juniors at Leos
- 2 timeslots of 60mins and up to 5 groups of 12 juniors at GSAL

# V S Juniors 2022/23 – Training

- Attendance
  - Attendance records broken - 87 in April 2023, 96 in Sept 2023, 99 in Oct 2023
  - 68 attendance medals incl. 6 for 100 sessions and 2 for 200 sessions
- Sports Day
  - 81 attended Sports day at GSAL in Sept 2022 with medals!
  - Sept 2023 cancelled due to weather. Next one will be June 2024

# V S Juniors 2022/23 – Coaching and Leading

- 15 to 25 (and sometimes more) parents involved each week leading and assisting sessions
- Thank you!
- Richard Irvine and Alex Gostling leading endurance focused sessions for the faster/keener school years 7, 8, 9 and 10
- Plan to offer LiRF or Assistant Coach courses to some leaders in 2024

# V S Juniors 2022/23 "C" Group Coaching



"C" stands for competition. This group has been in existence for several years and represents those young athletes ages 11 – 16 who wish to continue competitive endurance running.

Numbers have grown over the past 12 months to ~25. In Spring, Bob and I review the school year 6 athletes for potential new additions.

A number of our athletes are involved in other competitive activity.

Our aim is to offer our athletes a more progressive and personalised session than they would receive in the "main" junior groups.

We have 2 qualified coaches and a handful of parents who provide support.

At the start of each "season", we develop session plans that follow the annual race calendar (Yorkshire, regional and national events), according to age group.

We provide athletes with a session plan for independent training on Thursday (thank-you Alex!) + provide other ad hoc plans to develop core strength, etc.

Training venues each month:

- Leeds Beckett, following the senior session with reduced load.
- the Brownlee Centre, sharing the circuit with the UoL XC Club.
- Hill session - this has taken place at Parkside Road (Smithy Mills), Lidgett Lane (former Allerton Grange HS site) and Goodrick Lane (summer only).
- + other sessions take place at Leos, or on the surrounding roads.

In Summer, we blend the above with 2 track sessions per month at GSAL.

Most of all, we aim for the sessions to be fun.

# V S Juniors 2022/23 – Competition

- September 2022 to August 2023
  - 75 in Peco XC series (average 45 per race)
  - 36 in Peco relays
  - 8 in West Yorks XC League, 3 teams in North XC relays, 2 teams in English XC relays
  - 20 in at least one Track & Field meeting in the summer
  - 22 in Eccup junior races
  - 76 in Golden Acre Relay
- Since 1 September 2023
  - 27 in West Yorks XC League, 3 teams in English XC relays
  - 65 in Peco XC series

# V S Juniors 2022/23 – Participation Awards

- 2 cups
  - Presented every 6 months
  - Must have attended at least 13 training sessions
  - Must have taken part in at least 13 “races” (i.e. including parkruns)
- September 2022 to February 2023
  - Conor Butterworth and Alice & Harriet Hirst-Sewell
- March 2023 to August 2023
  - Samuel Keene and Naomi Archbold



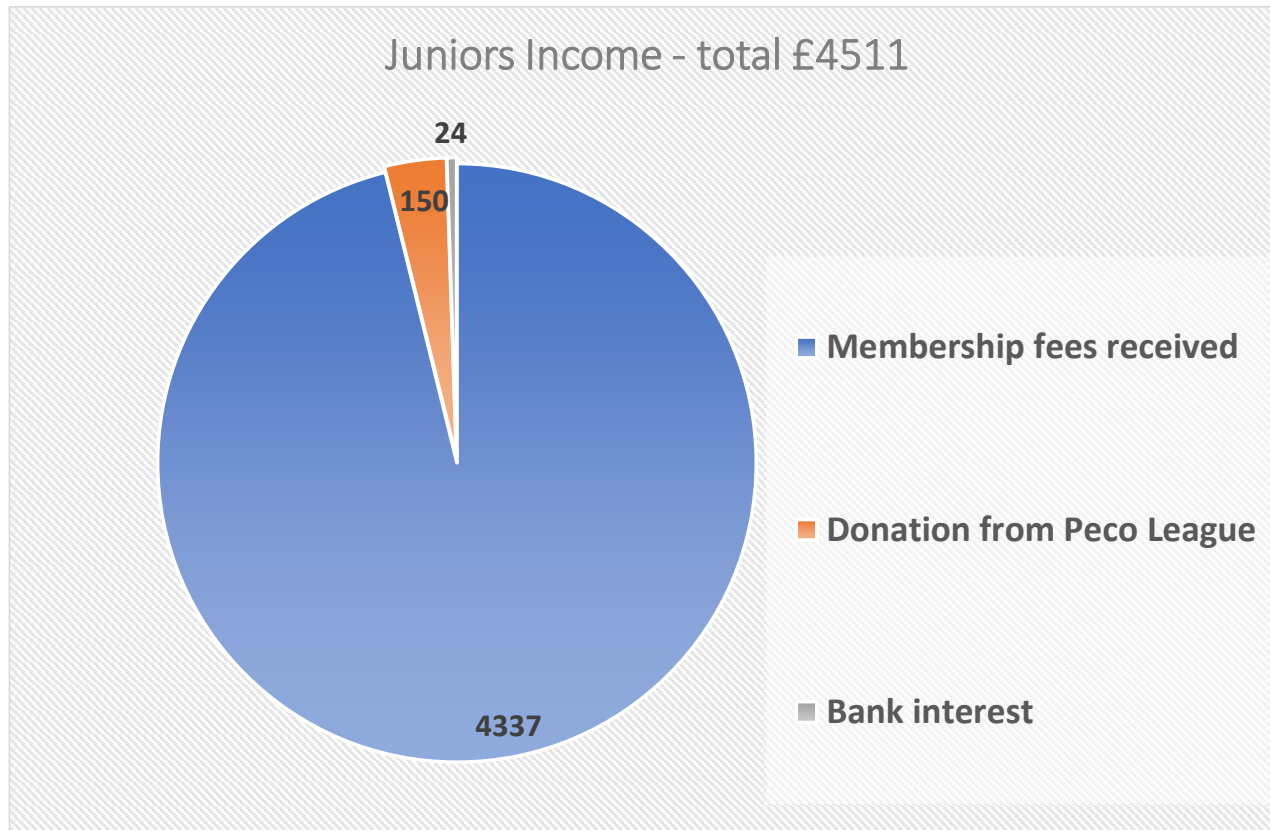
# V S Juniors 2022/23 – Participation Awards



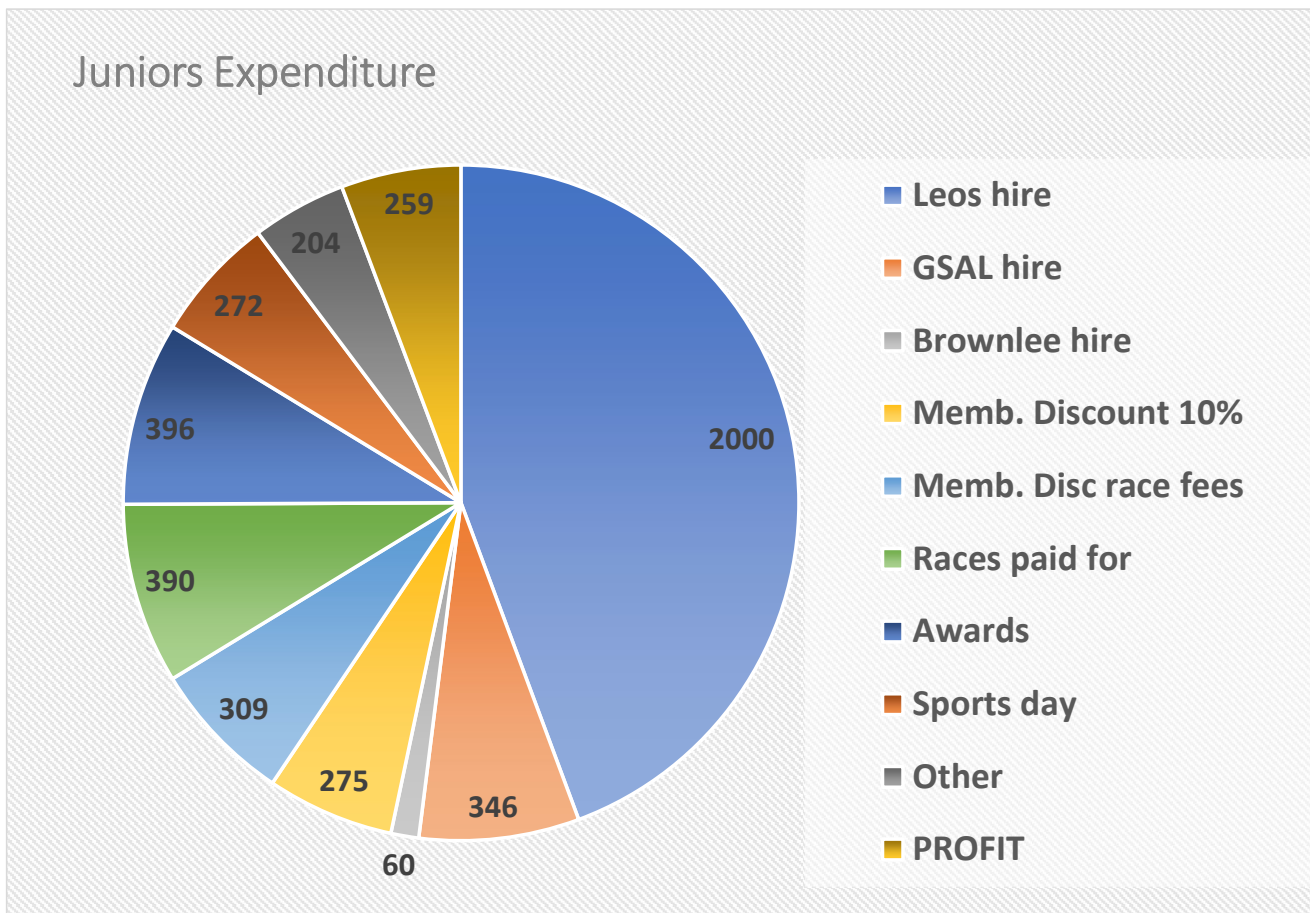
# V S Juniors 2022/23 – Performance Awards

- 2 trophies
  - Awarded every 6 months
  - Best Age-graded performance at parkrun or junior parkrun
- September 2022 to February 2023
  - Sam Redmond 83.3% - 17:01 at Roundhay aged 14
  - Imogen Burton 74.4% - 8:18 at Roundhay juniors aged 10
- March 2023 to August 2023
  - Levi Woodger 81.6% - 20:51 at Woodhouse Moor aged 8
  - Ruth Friend 81.2% - 20:04 at Dalby Forest aged 12
- Sam, Levi and Ruth are the only VS juniors to have run > 80% AG%

# V S Juniors 2022/23 – Accounts - Income



# V S Juniors 2022/23 – Accounts



*Profit of £259*

- *More members than planned*
- *Includes £150 from hosting Peco Relays 2024*
- *Continue race discounts*
- *Promote coaching / leader courses*

# V S Juniors – Membership Fees 2024

- Proposed Membership Fees for 2024
  - Full member – unlimited training - £40\* (no change)
  - Limited training (max. 10 sessions) - £20\* (no change)
  - Junior Social (no training) - £5\* (no change)
- Notes
  - Entry fees for the following races refunded when renewing in 2024 up to 50% of the membership fee – Peco XC, Eccup junior race, others TBA
  - \* Doesn't include EA affiliation – paid when needed

# V S Juniors 2022/23

## Social

- How to arrange food after training?
- Xmas run Wed 27 Dec 2023 in Roundhay Park

## Communication

- 95% on Facebook
- Hidden group for leaders – please join if interested!
- Regular updates to website
- Feedback to [juniors@valleystriders.org.uk](mailto:juniors@valleystriders.org.uk)

# V S Juniors 2022/23 - Thanks

- To head coach and co-conspirator Richard
- To coach Alex Gostling leading the year 7-10 “competitive” group
- To Paul Furness, helping with field events at GSAL and being an official at track & field events that we attend
- To Hannah Corne, our junior welfare officer.
- And most important, to parents who help in any way at our Tuesday sessions – it wouldn’t work without you